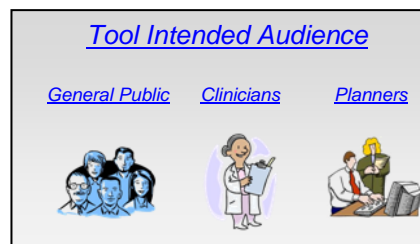


## Objective 30: Increase the proportion of adults who are at a healthy weight

Maryland SHIP Vision Area 5: Chronic Disease  
Tools, Resources, and Promising Practices  
updated February 2012



### Information, Facts, and Figures

[Be Active your Way  
Guidelines for Adults](#)

Resources to help adults increase their physical activity.



[National Heart, Lung, &  
Blood Institute—Obesity  
Information](#)

Resource for educational tools, understanding the research and evidenced based practice for obesity and the effect obesity has on chronic disease and early death.



[Dietary Guidance](#)

Diet and nutrition guidelines relevant to multiple cultural groups, including Hispanics, Native Americans, and Asians.



[CDC - Adult obesity](#)

Obesity is common, serious and costly. Get the latest facts and figures from the CDC on adult obesity



[Physical Activity Guidelines  
for Americans](#)

Physical activity guidelines packet, including science-based guidance to help Americans improve health through physical activity.



### Maryland Services and Hotlines

[Healthy Maryland  
Businesses](#)

Workplace Wellness Programs are helping to control employee health risks and health care costs, reduce absenteeism, reduce injuries, and improve quality of life.



[Farmers Markets](#)

Resources for locating nearby farmers markets in Maryland.



### Personalized Tools

[National Heart, Lung, &  
Blood Institute—BMI  
Calculator](#)

Online BMI Calculator



[National Heart, Lung, &  
Blood Institute—Menu  
Planning](#)

Easy to use, online menu planner that allows for dietary planning and tracking.



## **Spanish Tools**

[Be Active Your Way  
PresFactsheet—Spanish](#)

Physical activity guidelines in Spanish.



[Be Active your Way  
Guidelines fofo for Adults -  
Spanish](#)

Resource in Spanish to help adults increase their physical activity.



## **Promising Practices**

[National Heart, Lung & Blood  
Institute—Hearts N' Parks](#)

Guide and tool to promote cardiovascular exercise in local communities to reduce obesity and the incidence of death and disability from chronic disease.



[Healthy Eating](#)

Includes “My Plate” nutrition guidelines, tips, tools, and assessment for healthy eating.



[Prevent Obesity among  
People with Disabilities](#)

Factsheet about obesity among people with disabilities and steps for prevention.

